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NEWS WORTH SHARING.

Stephen Lewis slams Harper gov't

Former UN ambassador delivers sharp rebuke, calls those in office 'pre-paleolithic Neanderthals' PAGE 9

The Doctor is in ... Ottawa

Star Trek actor Robert Picardo may have found the best espresso in the Alpha Quadrant PAGE 5

SERIAL'S WORLDWIDE APPEAL

THE PODCAST THAT EVERYONE IS LISTENING TO PAGE 14

Hacktivist crashes city sites

'Innocent youth.'
Hacker group says Barrhaven teen charged in 'swatting' case wrongfully targeted by police

The father (obscured image) of a Barrhaven teen charged with offences relating to prank 911 calls, who cannot be identified to protect his son's identity, speaks to reporters Sunday at Larkin Park in Ottawa's south end. TREVOR GREENWAY/METRO

A hacker claiming to be with the loose-knit group Anonymous crashed the City of Ottawa and the Ottawa Police websites over the weekend in a purported bid to clear the name of a Barrhaven teen charged with 60 offences related to "swatting."

A statement from the hacker distributed to media Sunday says the teen was framed for the crime and plans to release documents in the coming days to prove his innocence.

"We will not rest, we will not stop, until the police admit their mistake and drop all charges against the innocent youth," the group said in a statement read aloud by the teen's father during a press conference Sunday afternoon.

"This is unacceptable what the police are doing."

The teen's father, who cannot be named to protect his son's identity, briefed a handful of reporters at a news conference Sunday and showed what he says are listening devices planted in his home by police.

The father also had a Purolator box with a snap-together computer — a package he claims was sent by a man in New Jersey in an attempt to breach the teen's house arrest conditions. The hacker group also published the New Jersey man's name and address.

"My son has been framed; I have known that all along," said the father, explaining that on Thursday, May 8, his son was arrested for "swatting" — allegedly making prank calls across North America that forced emergency response teams to be sent out under false pretenses. He says his son was arrested, but the Twitter account @probablyonion2 that police allege his son was using, was tweeting an hour later.

"If police still believe they have the right person, they need to explain how he tweeted from jail," said the father.

The long-dormant Twitter account was active two days before the package arrived and posted, "seems fun to be back."

The City of Ottawa website was targeted Friday afternoon, as users were brought to a screen with an image of a dancing banana and text targeting Ottawa police officer Joel Demore.

"You laugh at us, you are scared of us, does this help your laughing?" the message stated.

"We can destroy everything. This is a flex of our power. Please, test us. You know what we want."

The group then posted Demore's email and cellphone number and his home address.

The teen's lawyer Joshua Clarke wouldn't condone the work of the hackers, but said the online threats against major Canadian websites could influence police to drop charges against his client.

"They are essentially trying to intimidate the police and Crown into cowing and giving us what we want," said Clarke. "It may indirectly support my client, but it may be an enormous waste of time."

The City of Ottawa website was back up Sunday, but the police website remained down all day.

Police tweeted Saturday that they were working to resolve the service issues, but said their, "systems remain secure."

The hacker group says it plans to take down the City of Toronto website, the parliamentary website and the Conservative Party website in the coming days.

The teen is back in court Tuesday to set a trial date.

TREVOR GREENWAY/METRO

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Local stunt team going live on Got Talent world stage

Global audience. Craz E Crew set to show stuff to international audience

DENIS ARMSTRONG
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Ottawa's Craz E Crew BMX stunt team is flying even higher than it normally does when performing its aerial acrobatics.

The crew members are the only Canadian talent among 10 international acts invited to appear on Got Talent World Stage Live television special, which will be broadcast around the world on Dec. 6 from the Andheri Sports Complex in Mumbai, India.

Produced by television's ruthless talent judge Simon Cowell and Rav Singh, the Got Talent World Stage Live arena show features the best of the best from the global Got Talent and X Factor television franchises and will be broadcast across India live to an estimated 500,000 viewers, with millions streaming the webcast.

The high-flying stunt cyclists were selected to be a part of the live show after their appearance on Canada's Got Talent TV series in 2012.

"I picked Craz E Crew because they were an amazing act and to watch them live in a stadium would blow your minds," said Singh from his London office. "The stunts are out of this world and leave you shocked at the skill and precision of the performances."

Founded by Aylmer's Patrick Chenier in 1994, Craz E Crew is like Cirque du soleil on BMX bikes, spinning imaginative storylines through eye-popping aerial stunts.

For its appearance on Canada's Got Talent, Craz E Crew created a fast-paced comedy called Punks & Robbers that showcased its fast-paced storylines, tight choreography and big tricks.

In his comments after Craz E Crew's appearance on Canada's Got Talent, comedian Martin Short said that he would pay money to see the crew perform live in Las Vegas.

Not surprisingly, since its appearance on Canada's Got Talent, Craz E Crew's been in demand around the world, performing shows in China, the Middle East and across the U.S.

Chenier says the appearance on the Got Talent World Stage Live show should increase the Crew's global reach.

"There were other BMX acts on the American and British versions of the Got Talent series that didn't make it, so to be asked is an amazing opportunity" said Chenier. "It's going to open up a whole new world of opportunities for us."

Quoted

"It's going to open up a whole new world of opportunities for us."

Craz E Crew BMX stunt team member Patrick Chenier

Online

You can visit metronews.ca to see videos of the stunt team in action.

A Craz E Crew team member performs a gravity-defying aerial trick during a July 2013 performance in Toronto.

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Algonquin College.
Students vote in favour of Ottawa city bus passes

Algonquin College students will get cheaper bus passes in 2015.

On Friday, students at the school voted in favour of the Universal Bus Pass Program (U-Pass), which is similar to programs at the University of Ottawa, Carleton University and St. Paul University.

The school approached OC Transpo after a 2012 decision to place an age limit on student bus passes. That left many Algonquin College students without an affordable way to commute to class, according to a press release from the school.

So OC Transpo created a special pass for Algonquin College students, which will be available for a fee of up to $199 per semester. Those registered with a course load of at least 66-2/3 per cent will be eligible. Some students will be allowed to opt-out, but only if they meet certain criteria.

Anyone who provides a proof of residence in the area of the Service Transport de l'Outaouais (STO) bus route will be exempted from this program. Algonquin College will oversee the program.

An example of a Carleton University U-Pass displayed on the OC Transpo website. OCTRANSPO1.COM

Of the 40 per cent of eligible students who voted on Friday, 83 per cent voted in favour of the U-Pass. The decision will affect 16,000 full-time students.

City council must approve of this special U-Pass before it becomes available to Algonquin College students in September 2015. LUCY SCHOLEY/METRO

CFB Petawawa death

Soldier working on Coyote patrol vehicle at time of deadly incident

The military says a Canadian soldier who died at CFB Petawawa in eastern Ontario was doing mechanic work on an armoured vehicle when the incident that killed him occurred.

Canadian Forces spokesman Lt. Jean-Francois Carpentier says Craftsman Kyle Sinclair, 27, was working inside a building hangar on a lightly armoured Coyote patrol vehicle on Friday night, but wouldn't say exactly what happened.

He says Sinclair was rushed to an Ottawa hospital, where he succumbed to his injuries shortly before midnight while surrounded by friends and family.

Sinclair joined the Forces in December 2012, was in a training program with The Royal Canadian Dragoons and belonged to 2 Service Battalion.

Prime Minister Stephen Harper and Defence Minister Rob Nicholson have both offered their condolences. The military has launched an internal investigation into Sinclair's death. THE CANADIAN PRESS

The National Capital Commission's redesign of the proposed light rail transit route through Rochester Field (shown in pink). The city is proposing a partial underground tunnel along Sir John A. Macdonald Parkway, but the NCC has rejected it. COURTESY NATIONAL CAPITAL COMMISSION

NCC wants west LRT plans buried

Public transit. NCC proposes alternate route through Ottawa's Rochester Field

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The city must completely bury a light rail transit tunnel under the Sir John A. Macdonald Parkway or else consider Rochester Field for the western link, the National Capital Commission (NCC) announced on Friday.

The NCC rejected the city's plan for a partially buried "cut-and-cover" tunnel along the "Richmond Underground" route and is instead suggesting Rochester Field.

During a last-minute technical briefing on Friday, the NCC instead proposed a 650-metre route from Dominion Station to Rochester Field and Richmond Road.

The city's current plans for the western LRT route include a 1.2-kilometre stretch along the Sir John A. Macdonald Parkway. Of that, 700 metres would be dug out like a deep trench and covered with a berm.

The NCC said the plan does not meet two criteria: unimpeded access to the Ottawa River shoreline and minimal visual impact on the corridor landscape.

In a statement, Coun. Mark Taylor said he was "disheartened" by the NCC's "closed-door decision" on the second phase of the LRT. He said the city was not invited or allowed to the briefing on Friday.

"Ottawa residents got to participate in the city planning that brought us to this point," he said. "While there were times when some residents were unhappy, we had the chance to work with them in full view of the public, I regret the NCC did not feel it appropriate to seek any public input before advancing its concepts."

Coun. Keith Egli, the chair of the transportation committee, said the NCC needs to provide the city with a cost analysis of this plan. Rochester Field was previously on the table, but the NCC nixed an above-ground tunnel and the city could not afford to dig deep.

"Are they taking about an at-grade solution? Are they talking about a berm? Are they talking about a tunnel? What are they saying here? Because when we looked at it, we couldn't justify it. We didn't have the money to do it," Egli said.

The first phase of the light rail transit project — from Blair Road west to Tunney's Pasture — is already underway and due to be completed in 2018.

After that, construction for the second phase to Bayshore is slated to begin, but the city will first have to secure funding and an agreement with NCC about the LRT expansion route.

For more on the controversy, see Page 11.

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The Stars (of Trek) align at Pop Expo

Deep Space Nine. Star Trek actress opens up about her crippling shyness, auditioning and public speaking

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Canadian actress Nicole de Boer shared intimate details about her early start to acting and how she ended up on the popular Star Trek series, Deep Space Nine, during a Q & A session at Ottawa Pop Expo Sunday.

The petite 40-year-old actress from Toronto, who starred as Ezri Dax in one of the most widely acclaimed sci-fi TV series of all time, said she was once an extremely timid young girl in school.

She said she dreaded days when she had to do public speaking.

"I would break out in hives if I had to speak in front of my class," she said in response to a fan who opened up about being shy in school.

Star Trek actress Nicole de Boer JOE LOFARO/METRO

"I could become a whole character, but being myself and public speaking, I couldn't do. I would make sure to wear turtlenecks on the days I had to speak."

But through giving acting a try, she developed confidence, said de Boer, who is mother to a seven-year-old daughter.

"I always think it's important to have kids find out what it is they're good at. It certainly kept me from getting into any trouble during those years."

The jitters followed de Boer to the day of her Star Trek audition with the show's creator, Rick Berman.

Just before she met him, a swig of water went down the wrong tube, she choked, and accidentally spat up the water onto Berman.

"I was freaking. I just wanted to run, I didn't want to be there anymore," she recalled.

But she pulled herself together, did the scene, and later that day she was told she got the part.

"I was really glad there was no window in that bathroom because I would have climbed out of it and never would have ended up with the part."

This was her first time at Ottawa Pop Expo, which celebrated its second year.

Organizers are also working on their next big event, Ottawa Comiccon, which will be held May 8 to 10, 2015. Their first guest will be Star Trek: The Next Generation actor Wil Wheaton, who is also known for doing cameos in The Big Bang Theory TV series.

Cosplayers came out in force to Pop Expo. Christopher Guidotti and Danielle Dosser dressed up Sunday as X-Men characters Gambit and Rogue at Ottawa Pop Expo. JOE LOFARO/METRO

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Star Trek veteran beams into Ottawa

Sci-fi. Actor Robert Picardo hits up Pop Expo and takes in some local sites

JOE LOFARO
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Right before shooting a new film alongside actors George Clooney and Scarlett Johansson, Star Trek actor Robert Picardo revisited his role of The Doctor, with Trekkies at this weekend's Ottawa Pop Expo.

Picardo, best known as the emergency medical hologram doctor on all seven seasons of Star Trek: Voyager, has been attending conventions ever since he was first cast on the hit show, but this was his first time in the national capital.

During his short stay he managed to hit some notable Ottawa locales, including The Grand restaurant in the By-Ward Market, the Fairmont Chateau Laurier and the Notre Dame Basilica Sunday morning for a mass.

He took questions from fans at a Q&A Saturday and returned Sunday to sign autographs.

"This has the best perks of any convention I've ever been to," Picardo, 61, said in a brief interview Sunday, after a Pop Expo volunteer handed him a triple espresso. "The people are all wonderful. I will tell everyone that if they go to Ottawa, they'll be treated very fashionably."

He couldn't go into too much detail about the upcoming Coen brothers film, Hail, Caesar!, but said he's supposed to begin filming next week in Los Angeles.

The comedy tells a story about the movie-making business in the 1950s and also stars Josh Brolin, Jonah Hill and Channing Tatum.

"It made me laugh when I read it, I'll leave it at that. I have a few funny lines," he said. "It's a very funny script."

As for the conventions, he hasn't grown tired of flying to them just yet.

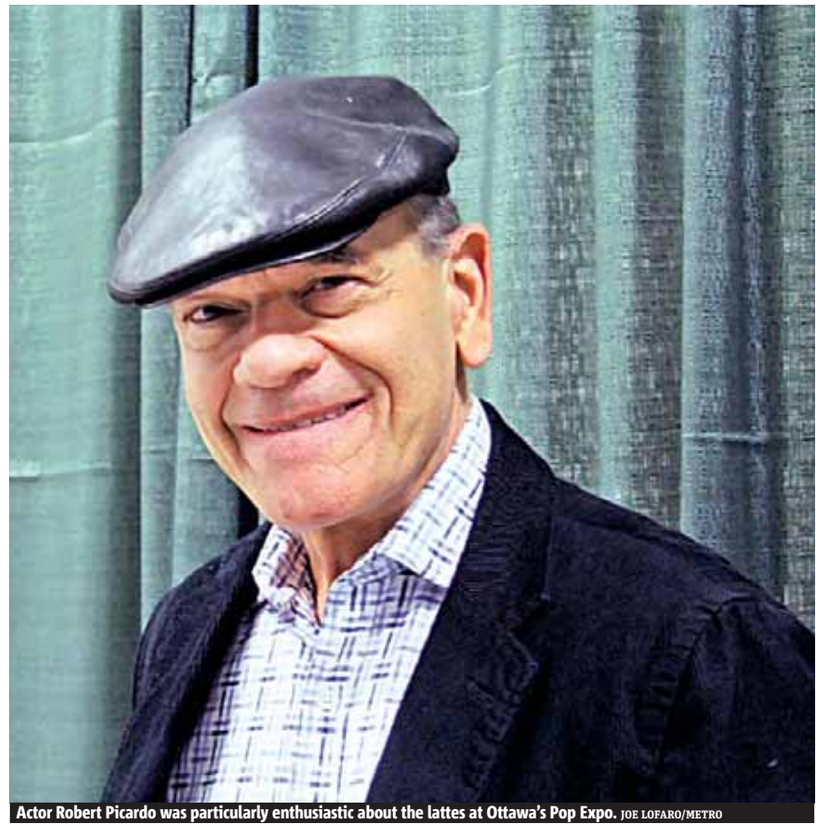
"What's really wonderful is when you get to visit a place that you might not have had the opportunity," he said.

"That is the greatest gift of the phenomenon of science-fiction fandom and being anxious to meet the actors that they like and follow. To get to come to Ottawa for the first time is a joy."

Quoted

"I will tell everyone that if they go to Ottawa, they'll be treated very fashionably."
Star Trek actor Robert Picardo

Follow Joe Lofaro on Twitter @giuseppelo



Actor Robert Picardo was particularly enthusiastic about the lattes at Ottawa's Pop Expo. JOE LOFARO/METRO

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Christmas artist paints up a jolly old career in Ottawa

Since 15. Storefronts in Aylmer, as well, have been adorned with his art for the last 40 years

TREVOR GREENWAY
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Artist Pierre Lapointe paints a Santa Claus on the storefront of Second Cup Sunday. TREVOR GREENWAY/METRO

If you ask Pierre Lapointe how many times he has painted a white, pillowy Santa beard on a store window, his mind searches for a number and then comes up blank.

The 55-year-old has spent the last 40 Decembers painting Christmas scenes on storefront windows — everything from wishful holiday phrases to pictures of Santa Claus, Christmas trees and snowmen. He has literally done thousands.

"It gets me into the holiday spirit — I have no choice," Lapointe chuckled Sunday, as he painted in a white Santa beard at the Second Cup coffee shop on Slater Street.

Lapointe does about a dozen storefronts in Ottawa, but paints up most of Aylmer's main drag during December. He could do more if he moved to stenciled scenes, but the career artist applies every drawing free-hand and makes each piece of work unique in its own way.

"There is not one Santa Claus, or not one lettering, that is the same from one place to another," he said. "That's the way I like it, because it's not as boring for me."

When he's not painting Christmas scenes, there is Easter and Halloween, but Lapointe fills in his free time training horses in Luskville or painting lettering on commercial fleets in the city.

He also creates oil paintings and large murals.

While he has made a career out of his artwork, Lapointe wouldn't mind being a bit more famous and he hopes his jolly Santa Claus on the side of Second Cup will get him noticed.

"Today: Ottawa; tomorrow: Hollywood," he said laughing.

Honouring My Father

Prints of new artwork for city hall to benefit Cpl. Cirillo's son

An Ottawa artist is selling prints of her original painting and donating all of the contributing profits to a trust fund for Marcus Cirillo, the five-year-old son of Corporal Nathan Cirillo — the soldier slain by a gunman while standing guard at the National War Memorial last month.

The painting, entitled Honouring My Father, will be unveiled Monday in the Mayor's boardroom at City Hall.

The spot is where the painting will stay on permanent display.

Mayor Jim Watson is expected to unveil the painting with the artist, Katerina Mertikas, at 10 a.m. on Monday.

Prints of the painting will be sold through Koyman Galleries.

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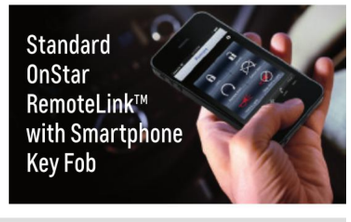

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Majority of Canadians back Iraq mission: Poll

Forum Research Poll. 66 per cent of voters agree with the Canadian effort to combat ISIL militants

Canadians voice opinions

- Voters were evenly divided on whether attacks on Cpl. Nathan Cirillo and Warrant Officer Patrice Vincent justified Canada's involvement in the U.S.-led mission in Iraq.
- The poll was taken by telephone using an interactive voice response survey on Nov. 19 and 20. The sample was made up of a random selection of 1,500 Canadians aged 18 and older.

About two-thirds of Canadians support the mission in Iraq and consider the Islamic State of Iraq and the Levant (ISIL) a threat to Canada that must be confronted overseas, a new poll says.

Days after Canada's third bombing mission destroyed a warehouse and training ground in northern Iraq, a Forum Research poll found 66 per cent of voters agree with the Canadian effort to combat ISIL. Our contribution to this war effort includes bombing missions by six CF-18 fighter jets.

The survey found that 30 per cent do not agree with the mission — a position mirrored by 40 per cent of voters aged 18-34, and 37 per cent of those polled in Quebec.

The poll also discovered more Canadians agree that ISIL poses a direct threat to Canada today (67 per cent) than did in a September poll (56 per cent).

About two thirds of voters support the claim that ISIL must be combatted in Iraq to stop the group from spreading into Canada.

A strong majority of Canadians — 70 per cent — believe the country needs tougher anti-terrorism laws.

Of those polled, 72 per cent agree that Canadians deemed "high-risk," who might travel abroad to participate in jihadist movements, should have their passports revoked. And 86 per cent agree that such individuals should not be allowed back into Canada once they have left.

Forum put Ben Franklin's famous adage to voters: "Those who give up their freedom for security deserve neither freedom nor security." Less than half — 45 per cent — agree with Franklin, a quarter do not and just under one-third have no opinion on the statement.

Forum said its results are accurate plus or minus three percentage points, 19 times out of 20. **TORSTAR NEWS SERVICE WITH FILES FROM THE CANADIAN PRESS**

Maritime lobster levy faces more delays

Fishing boats loaded with lobster traps head from the harbour in West Dover, Nova Scotia on Saturday. A promise from the three Maritime provinces to have a levy in place before the end of the year to support a marketing strategy for the region's embattled $1-billion lobster industry is facing more delays. The levy, first proposed in a report over a year ago, would see lobster fishermen and the onshore side of the industry (such as processors) each pay one cent per pound of lobster caught to cover the cost of advertising campaigns and other strategies to promote their product, which has been plagued by slumping prices in recent years. The levy would cost the industry about $2.5 million annually, the Maritime lobster panel report said.

PHOTO: ANDREW VAUGHAN/THE CANADIAN PRESS; STORY: THE CANADIAN PRESS

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RIDEAU CENTRE

Former NDP leader slams Tory policies

'Neanderthals.'
Stephen Lewis joins line of political elders taking harsh stock of feds' performance

At the age of 77, Stephen Lewis describes himself as being "happily in his dotage," a man free to bare his soul and dispense with diplomatic niceties.

He did just that in Charlottetown last Friday. The one-time lion of the left unleashed a withering roar over nine years of Stephen Harper's government

Quoted

"The Harper government's contempt for Parliament and its traditions has degraded political life and fostered voter cynicism."
Stephen Lewis

Lewis focused on five fronts of perhaps irreversible decline in this country — five only, because time did not allow him to get into all the factors that "scar my soul."

The former Ontario NDP leader, United Nations ambassador and lifelong human rights advocate took aim at the "prepaleolithic Neanderthals" in office and their role in the decline of Parliament, the suppression of dissent, the plight of First Nations, their blinkered climate change policy and Canada's plummeting world status.

But he is not alone. Former Conservative prime minister Joe Clark has spoken out about foreign policy, former Liberal prime minister Paul Martin has been an outspoken critic of aboriginal policy, and former ministers in the Brian Mulroney government emerged to condemn the watering down of environmental regulations.

TORSTAR NEW SERVICE

Former ambassador Stephen Lewis walks off stage after giving a eulogy for the late NDP leader Jack Layton at his state funeral on Aug. 27, 2011. The former Ontario NDP leader, United Nations ambassador and human rights advocate recently delivered a sharp rebuke of the Stephen Harper government. NATHAN DENETTE/THE CANADIAN PRESS

Two more lawsuits

NDP accused of trying to stifle conflicts

Two more former NDP staffers who say they were unfairly dismissed have accused the party of trying to convince them not to file a complaint against the elected members who employed them.

Like Fabiola Ferro, who took legal action earlier this month against NDP MP Sylvain Chicoine for wrongful termination, Bouchra Taibi and Melanie Bellemare argue the party tried to stifle their attempts to come forward.

THE CANADIAN PRESS

Naked judge. Misconduct case to start anew with sex photos off-limits

A second hearing into whether a senior Manitoba judge should be kicked off the bench is finally set to start in Winnipeg on Monday but sex photos central to the allegations against her will be off-limits — at least for the time being.

The three-person panel of the Canadian Judicial Council had wanted to view the images of Associate Chief Justice Lori Douglas, but her lawyers won an 11th-hour stay of that decision on Friday.

Federal Court Judge Richard Mosley stressed it would be up to another hearing to decide whether the images should be permanently sealed. That review is slated for Dec. 9.

"(Douglas) points to the emerging social consensus in Canada that intimate images should not be disclosed or disseminated against the will of the persons they depict, unless it is absolutely necessary," Mosley said in written reasons.

Douglas's lawyers have argued the proceedings have only served to re-victimize a woman already victimized by the non-consensual distribution of the intimate photographs. THE CANADIAN PRESS

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Anxieties mount as Ferguson awaits grand jury decision

Residents on edge. Several businesses have put boards on their windows

Anxiety and speculation mounted Sunday in the St. Louis suburb of Ferguson as residents awaited a decision by a grand jury on whether to indict a white police officer in the shooting death of an unarmed black 18-year-old.

More than 3-1/2 months have passed since police Officer Darren Wilson killed Michael Brown after a confrontation in the middle of a street in Ferguson. The shooting triggered riots and looting, and police responded with armoured vehicles and tear gas.

The incident reignited debate over how police deal with young black men, and drew attention to racial tensions simmering in U.S. communities four decades after the civil rights movement of the 1960s.

Two-thirds of Ferguson's residents are black, but the police force is almost all white.

Many in the St. Louis area thought a grand jury decision on whether to charge Wilson with a crime would be announced Sunday, based partly on a stepped-up police presence in the preceding days, including the setting up of barricades around the justice centre where the panel was meeting.

The grand jurors met Friday but apparently didn't reach a decision, and they were widely expected to reconvene on Monday, though there was no official confirmation of that.

Grand juries, composed of regular citizens, determine only whether probable cause exists to indict a suspect. If the jury indicts Wilson, a separate trial will be held to decide whether to convict or acquit him.

During church services Sunday, some pastors encouraged their flocks not to fret.

A choir sang, "We need you Lord right now" at the predominantly black Greater Grace Church in Ferguson. The pastor, Bishop L.O. Jones, referred to the pending grand jury decision briefly.

"Everybody stand to your feet and tell somebody, 'Don't be afraid. God is still in control,'" Jones said, as church members repeated after him.

The Rev. Freddy Clark of Shalom Church in nearby Florissant told the mostly black interdenominational congregation that "justice will be served" whichever way the decision goes, because God will take care of it.

"None of us are pleased about what happened," said parishioner James Tatum. "Whatever the verdict is, we have to understand that's the verdict."

As they wait, some people have continued daily protests, while speculation has grown that the delays are intentional.

"People feel like it's been engineered, so that the results wouldn't come out until after the election and until the weather got cold, and it would be more difficult to protest," said Susan McGraugh, supervisor of the Criminal Defence Clinic at the Saint Louis University School of Law.

"It's really adding fuel to the fire."

THE ASSOCIATED PRESS

Police stand guard during a demonstration outside the Ferguson Police Department, Sunday in Ferguson, Mo. Ferguson and the St. Louis region are on edge in anticipation of the announcement by a grand jury whether to criminally charge Officer Darren Wilson in the killing of 18-year-old Michael Brown. DAVID GOLDMAN/THE ASSOCIATED PRESS

Muslim clerics meet in Iran to counter extremists

Participants sit in an anti-extremism conference on Sunday in the city of Qom, 12 kilometers south of the capital Tehran, Iran.

ZOHEIR SEIDANLOO/MEHR NEWS AGENCY/THE ASSOCIATED PRESS

Shiite and Sunni clerics from about 80 countries are gathering in Iran's holy city of Qom to develop a strategy to combat extremists, including the Islamic State of Iraq and the Levant (ISIL) that has captured large parts of Iraq and Syria.

Ayatollah Nasser Makarem Shirazi, the chief organizer of the conference, appealed for consensus among Islam's two main branches, urging them to expose extremist ideology as absurd and to discredit groups espousing it.

Other speakers at the two-day conference blamed the U.S. and Israel for the creation of ISIL, saying it was formed to position "Islam against Islam."

ISIL is widely seen as a threat to Islam because it resorts to barbarism and brutal massacres in the name of the religion.

THE ASSOCIATED PRESS

Syria and Iraq

ISIL recruits, exploits kids

Across the vast region under ISIL control, the group is actively conscripting children for battle and committing abuses against the most vulnerable at a young age, according to a growing body of evidence assembled from residents, activists, independent experts and human rights groups.

"This is something that is being observed and seems to be part of the strategy of the group," said Leila Zerrougui, U.N. representative for children and armed conflict.

THE ASSOCIATED PRESS

Western China

Earthquake leaves five dead

A strong earthquake that hit a sparsely populated, mountainous area of western China killed at least five people and injured 54 others, officials said Sunday. The injured included schoolchildren in a stampede.

THE ASSOCIATED PRESS

Central Japan

Quake destroys at least 50 homes

An overnight earthquake in a mountainous area of central Japan that hosted the 1998 winter Olympics destroyed at least 50 homes in two villages, and injured 41 people, including seven seriously, mostly with broken bones, officials said.

THE ASSOCIATED PRESS

Russia

Putin says he will not remain president for life

Vladimir Putin says he will not remain Russia's president for life, but will step down in line with the Russian constitution.

Putin did not rule out running for a fourth term in 2018, which would extend his time in office through 2024. He said staying beyond that, however, would be "detrimental for the country."

Putin, who is 62, has effectively led Russia since he was first elected in 2000. He stepped aside after two four-year terms to abide with constitutional term limits, retaining power as prime minister. He was re-elected in 2012 for a new, now six-year term. THE ASSOCIATED PRESS

28 bus passengers dead

Kenyan deputy president condemns extremist killings

Kenya's deputy president Sunday denounced the killing of 28 bus passengers by Islamic extremists and said the nation's military responded by killing more than 100 militants in Somalia.

William Ruto, speaking on a national broadcast, said Kenya is a target of international terrorist groups, including Somalia's al-Shabab, which is linked to al-Qaida. He said Kenya's security forces will protect citizens, including by raiding mosques.

In response to the bus attack, Kenyan security forces struck the al-Shabab camp in Somalia where the bus attack was planned, said Ruto.

THE ASSOCIATED PRESS

VOICES

ON TRACK FOR WRANGLING

As the City of Ottawa and the National Capital Commission butt heads over the route for the western LRT expansion, there's a bigger issue pending: Money. The province has been encouraging, but the same can't be said of the feds, adding to Mayor Jim Watson's list of headaches to overcome if trains are to roll by 2023

STEVE COLLINS
ottawa@metronews.ca

With no trains even provisionally scheduled until at least 2023, it might be tempting to ignore the latest outbreak of shin-kicking between the city and the National Capital Commission over the route of the western LRT expansion as just another bump on a long journey.

The NCC announced last week — on very short notice to municipal officials and ahead of a scheduled meeting with them on matters like this in January — that the city's plan to route light rail along part of the Sir John A Macdonald Parkway (NCC turf) in a partially-covered trench isn't good enough to secure their co-operation.

To preserve sightlines and access to the waterfront, the NCC wants the train either fully buried in a tunnel, which would significantly boost the price tag, or rerouted away from the Parkway through Rochester Field (also NCC turf) and thence along Richmond Road or Byron Avenue Linear Park. Neither option would be popular with residents of these areas.

We often hear municipal governments complain about the legal and financial hurdles they face in getting things done for their cities. Calgary Mayor Naheed Nenshi is fond of pointing out that his city has more people than some provinces, but his legislative authority is the same as the reeve of a village of 40.

Cities can't just simply jack up property taxes to meet their needs, and so the trick of a project like the proposed LRT expansion inevitably lies in lining up support and funding from senior levels of government.

Funding

"That leaves the feds, who have so far avoided eye contact when asked about their hoped-for contribution."

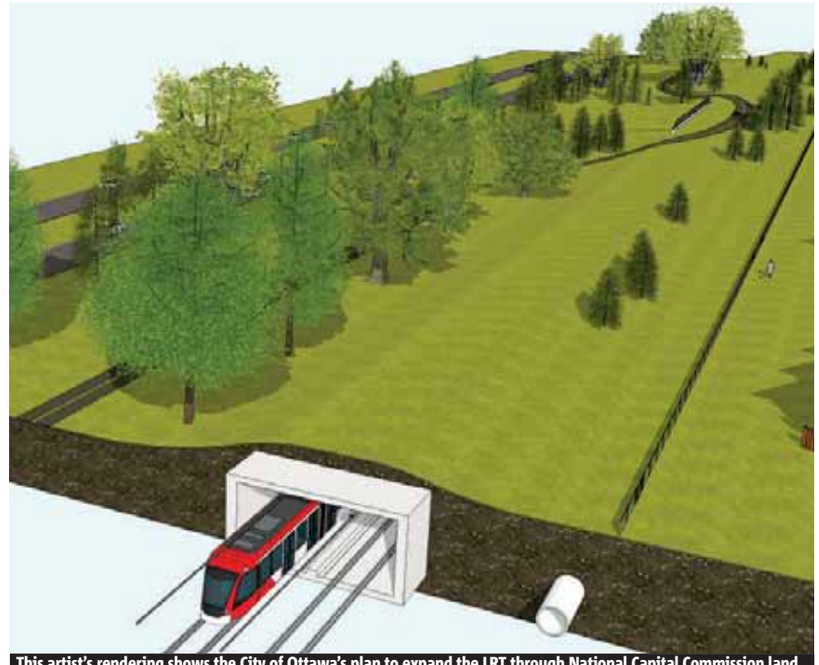
Ottawa shares with Calgary the standard difficulties of having to get the provincial and federal governments on board for major projects, plus the added bureaucratic layer of the NCC.

Mayor Jim Watson's frustration with the federally appointed body has boiled over before. He's previously proposed, if not outright abolition, then at least a structural rejig so that a majority of the board's appointees are residents of Ottawa-Gatineau and actually have to live with the consequences of their decisions, rather than directors from elsewhere who fly in for meetings.

The bigger problem than this wrangle over the details of routing is still that key construction material — money. Watson made the LRT expansion a centrepiece of his re-election platform, asked for a strong mandate when he goes looking for provincial and federal funding, and got 76 per cent of the vote.

Phase 2 was also a big local issue in this year's provincial election, and PC leader Tim Hudak was widely seen to have stepped in it when he initially declared there was no room in his austerity-focused budget for the LRT infusion. The provincial Liberals have been more encouraging.

That leaves the feds, who have so far avoided eye contact when asked about their hoped-for contribution.



This artist's rendering shows the City of Ottawa's plan to expand the LRT through National Capital Commission land and maintain pedestrian access to NCC land, by burying the track under an earth berm. The NCC has rejected the idea, saying the LRT should be expanded by way of a tunnel or a different route. COURTESY CITY OF OTTAWA

Watson's standard reply when asked about the ongoing uncertainty of the federal buy-in is that he expects local MPs to lobby the government for the city's "fair share" of revenue, because this is really all he can do in his position: Ask others to ask the ones with the money, and hope the answer is yes.

It's a hell of a way to run a $3-billion infrastructure project, but it's the only one available.

HIGH TIME FOR AN UPDATE?

Sex ed:
- pimp
- consent
- prostitution
- human trafficking

Letters

RE: High Time for an Update column, published Nov. 19, 2014

A recent article in your paper sparked talk around our office here at Children of the Street Society. (We) provide free education in B.C. schools about forced prostitution of minors for students (from) grades 5, up to Grade 12.

Sexual exploitation and human trafficking can be a very sensitive topic for some and because of that we believe that teachers should not be responsible for providing this education, primarily because they are not trained to do so. Nor are they trained on how to deal with any disclosures that may come after education of this nature.

Instead organizations like ourselves, using a youth-to-youth model, should be funded provincewide as a safe resource to educate the young people. This type of education needs to be age-appropriate and needs to be done in a manner that is relevant for youth. Although we get this conversation started in the classroom, parents also need to be involved in their kids' lives.

What we as a society need to realize is this: Pimps and traffickers are getting to youth as young as possible; the average age of entry into the sex trade in Canada is 13 years old. Is it not important that we give this information to youth, in a healthy and safe manner, before the predators do? We need to discuss sexual exploitation and human trafficking with students as young as possible to give them the tools they need to make informed decisions as they go on in life. **Kev Lescisin, program co-ordinator at Children of the Street Society, Coquitlam, B.C.**

RE: Mayoral election ignored student issues, published Nov. 6-12, 2014

There are so many issues in which students should get involved. By being more involved, you will be more informed and more motivated to impact change. One way change can be made is through voting in elections. With the Carleton University Students' Association elections coming and federal elections scheduled for 2015, this is a prime time for students to get involved.

Ask questions and seek answers.

Leaders and public figures have their downfalls, but they are human. They make mistakes. When this happens, we should be there to guide them and remind them of their duties and obligations.

We need to remind them that leadership is not a position of prestige and pleasure, but rather one of burden and responsibility. There is no age group that has more energy and motivation than the youth. Unfortunately, it isn't being put to good use.

If we are not active and contributing members to society, the community cannot flourish. **Maher Jebara, student, Carleton University.**

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Getting next generation to lean in

SheBiz. Daylong event had women in business teaching teen girls about possible leadership opportunities to pursue

From left, Grade 11 student Doris Do, Jennifer Reynolds, CEO of Women In Capital Markets, and Grade 10 student Susan Sun during SheBiz, an event to teach girls in Grades 9 to 11 about careers in finance, science and technology. TORSTAR NEWS SERVICE

Last week, Doris Do didn't know what a consultant was.

Today she knows — and she might even want to be one someday.

She likes what she's heard about what the position has to offer — namely, the potential for travel, moving up the corporate ladder, and the pay. "It sounds really interesting," the Grade 11 student at Harbord Collegiate Institute says.

Susan Sun, a Grade 10 student at Bishop Allen Academy, thinks she may want to be a lawyer, but she also enjoys math and science. Now she knows her broad range of interests could easily lend itself to a career in business. "I see how I could even switch careers," she said. "It feels flexible and open."

Do and Sun were among more than 300 high school students — girls in Grades 9 to 11 — who attended SheBiz on Friday.

At the daylong event, held at the Desautels Hall at the Rotman School of Management at the University of Toronto, girls learned about careers in business, especially in fields such as consulting, accounting, finance and technology.

They listened to guest speakers, worked through a case study and played a trading game that teaches about finance and the stock market. Most importantly, they learned about the business world from women who are already working in it.

"The girls are really engaged. They're asking a lot of questions. These girls are sitting in front of people that are relatable, and they say, 'I could be this person,'" says Jennifer Reynolds, president and chief executive officer of Women in Capital Markets, the professional networking group that puts on SheBiz.

"We need to show them, if you go into these types of roles, you can have a big impact on the world around you. You can run your own company and make decisions that are good for your country and the broader world. We need to inspire young women to want to be leaders in the economy."

TORSTAR NEWS SERVICE

National conversation

This year's event comes amid a national conversation about boosting the profile of women in Canadian business. In mid-October, Canada's biggest stock market regulators issued new rules requiring public companies to explain how many women they have on their boards and in executive roles, as well as what they are doing to recruit them. The Ontario Securities Commission spearheaded the initiative.

- Women currently account for about 12 per cent of director roles at Canada's biggest public companies. By some estimates, women account for about half of the professional workforce — but just about one-quarter fill the ranks of senior managers.

Companies. New integrity rules may hurt the economy

New federal rules that threaten to ban companies convicted of crimes from public contracts could kill jobs and hurt the Canadian economy, warns a study conducted for a powerful business group.

The report lists the potential consequences of Ottawa's so-called integrity framework, a measure strengthened last spring to disqualify would-be suppliers busted in Canada or abroad for offences such as fraud, bribery and extortion.

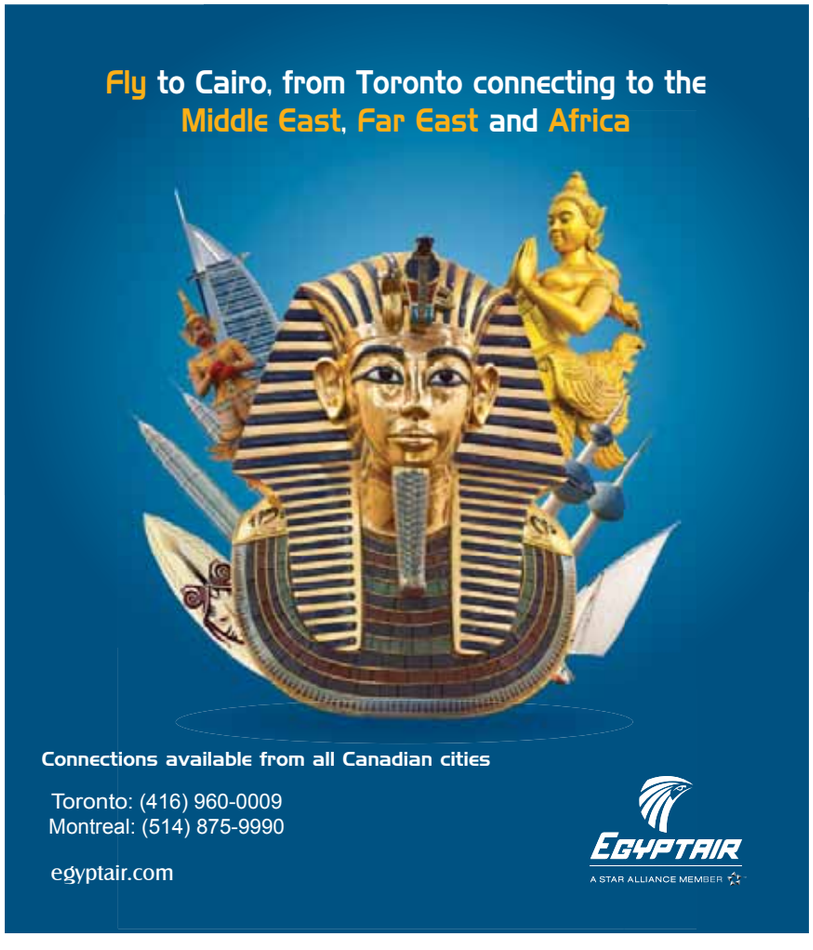
The companies would face a 10-year ban, or debarment, from vying for the often-lucrative procurement deals offered through the government's primary contracting department: Public Works.

But such bans would not only inflict damage on suspended firms, they also risk "far-reaching harm" on Canada's economy, says the study, commissioned by the Canadian Council of Chief Executives.

The report was one of two research documents the council forwarded to Public Works last week. The department says its officials are reviewing both reports.

"Debarment imposes a direct cost on the debarred firms, but also on innocent parties and society at large," says the report, which explores the potential economic effects of the framework.

THE CANADIAN PRESS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Owned by billionaire

Airline taking back pilots' $4,000 Christmas bonuses

Pilots from Island Air were probably pretty happy when they got a $4,000 US Christmas bonus — that is, until the airline wanted the money back.

The regional airline owned by billionaire Larry Ellison said it paid the bonuses prematurely in October.

The Honolulu Star-Advertiser reported Saturday that the company plans to take payroll action to recover the erroneous payments. THE ASSOCIATED PRESS

No such thing as bad press?

Silicon Valley seems to have more than its share of companies behaving badly. Among up-and-comers in the tech world, privacy abuses and executive gaffes have become viral sensations. But is all that bad behaviour actually bad for business?

Last week, Uber sparked controversy after a top executive suggested spending $1 million US to dig up dirt on a journalist critical of the driver-on-demand company. It's only the latest time Uber has been called out, either for actions by its drivers or its corporate culture.

The company also is investigating one of its New York employees for tracking another journalist's ride, which has raised fears that Uber is misusing customers' private location information. So far Uber's investors, which include

Uber CEO Travis Kalanick
THE ASSOCIATED PRESS FILE

Google Ventures and prominent venture capital firms that poured $1.2 billion into the company at its latest funding round, have remained quiet. So is Uber's much-criticized "bro culture" just part of the package — a reason, even, for its meteoric rise and ability to go after smaller rivals and the taxi establishment?

Or is it a liability for the company, its Ayn Rand-loving CEO and its backers?

"I think it's going to alienate some potential customers but I doubt, given what's happened to date, that it's going to make a big difference," said Robert Hurley, director of the Consortium of Trustworthy Organizations at Fordham University in New York.

So far, the controversies haven't put the brakes on Uber's skyrocketing valuation ($17 billion at last count, and reportedly heading to nearly double that), or its popularity among people who can use the app to hitch rides.

There are calls to boycott the company on Twitter, and many have vowed to go to its smaller rival Lyft. But on Friday Uber was ranked 35th among the most popular free apps on iTunes — up from 37th on Monday. THE ASSOCIATED PRESS

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Teen lovers' murder mystery captivates the world by podcast

Online. Passionate fans debate weekly series that casts doubt on guilt of Maryland teen jailed for killing and burying girlfriend

Episodes of the Serial podcast are available on iTunes and at serialpodcast.org. SCREENSHOT: SERIALPODCAST.ORG

For 15 years, nobody outside Maryland cared much about the murder of a South Korean-born high school teen, supposedly at the hands of her ex-boyfriend, the son of Pakistani immigrants.

Now, it seems, everyone does. The perplexing tale of Hae Min Lee and Adnan Syed is at the heart of Serial, an hour-long weekly podcast that's become an unlikely global Internet phenomenon.

Fans speak of being "addicted" and "obsessed" with the program. Those who caught the bug early can't wait for Thursdays, when fresh installments drop. Latecomers binge on past episodes.

It's been downloaded more than five million times from Apple's iTunes store, where it's a Top 10 hit in the United States, Canada, Britain, Australia, India, South Africa and Germany. It can also be heard on the show's website at serialpodcast.org.

Between episodes, chatter rages on social media. Reddit hosts an exhaustive Serial discussion board. Bloggers speculate who's telling the truth — and who might not be.

Serial is a spinoff from This American Life, a long-running U.S. public radio series that's famous for its quirky topics and laid-back storytelling style.

Its runaway success — as a podcast, no less — has taken its creators by surprise.

"We kind of expected to be in the sleepier realms of the podcast world," says senior producer Julie Snyder. "We were hoping for good numbers. But we were not at all expecting so many people listening and writing about the show, and having a lot of interest about the show. And it's international. We didn't plan for that at all."

Serial comes across as part investigative journalism, part police procedural, part soap opera, with a nod to the 19th-century serialized novels of Charles Dickens and Emile Zola.

Hae and Adnan — everyone in Serial is called by their first name by narrator and journalist Sarah Koenig — are high school sweethearts who keep their love a secret from their conservative immigrant families. In the opening episodes, both come across as bright all-American teenagers — popular, getting good grades, holding down part-time jobs, looking forward to prom night.

But when romance turns to breakup, Adnan, overcome by anger, strangles Hae and, with a pal, buries her in a shallow grave, where a passerby finds her three weeks later.

At least, that's the version prosecutors gave jurors at a six-week trial that ended with Adnan getting a life sentence in a Maryland penitentiary, where he remains at the age of 32.

Koenig revisits the case in forensic detail — interviewing witnesses who sometimes contradict themselves, pursuing neglected leads, chatting regularly by phone with the imprisoned Adnan, who maintains he is innocent.

It's unclear whether Serial might turn up fresh material to compel judicial authorities to reopen the case — but Snyder says that's not the point.

"We've said from the beginning that we don't know where it's going to end," she added.

Serial is likely to run 12 episodes overall, but the producer cautions: "We don't know for sure, because we are still doing the reporting." AFP

Quoted

"We were not at all expecting so many people listening and writing about the show. And it's international."

Julie Snyder, senior producer of Serial

TV. Bell locks up Seinfeld for its new video streaming service

The Fusilli Jerry episode of Seinfeld. CASTLE ROCK ENTERTAINMENT

Serenity now! Seinfeld is headed to Bell Media's new streaming video service.

The company said that it has struck a deal with Sony Pictures Television for the Canadian exclusive subscription streaming rights for the classic sitcom.

Bell made the announcement while revealing its comedy slate for its new streaming video service, Project Latte.

All nine seasons of the show about nothing will be available, along with every episode of Everybody Loves Raymond, Frasier, Cheers and Corner Gas.

The service will also feature current comedies, including The Big Bang Theory, The Goldbergs, The Millers and Spun Out, as well as Comedy Central shows such as Inside Amy Schumer and The Sarah Silverman Program.

The deal marks the first time Seinfeld will be available on a North American streaming-video on-demand platform. Project Latte is set to launch later this year and is designed to be available to all TV providers. So far, the service will be offered to Telus Optik TV, Bell Fibe TV and Bell Aliant FibreOP TV subscribers via the set-top box, as well as via the web, game consoles and smart TVs.

Bell previously announced the service will feature the entire library of off-air HBO programs, including Curb Your Enthusiasm and Sex and the City, as well as the entire Monty Python catalogue.

Shaw Media and Rogers Media launched their streaming video service, Shomi, earlier this month.

THE CANADIAN PRESS

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

Natalie Dormer ALL PHOTOS GETTY IMAGES

The naked truth: Natalie wants GOT's nudity imbalance to be righted

The HBO hit Game of Thrones isn't known for modesty when it comes to nude scenes, but at least one of the show's stars thinks there's some imbalance in exactly what flesh is on display.

Simply put, Natalie Dormer wants to see more man meat next season. "Well, during the first season, (co-stars) Alfie (Allen), Richard (Madden) and several of the men got naked — although not all the way," Dormer, who also stars in the new Hunger Games movie, tells The Daily Beast.

"I think Thrones has been better than your average show with the equality, but they could definitely ramp it up. Absolutely." Should we start a petition or something?

Katherine Heigl

On second thought, Heigl's definitely not the B-word

Remember earlier this month when Katherine Heigl did a Facebook Q&A session and got hit with a fan asking about whether she is "very rude," as she's rumoured to be?

Well, she'd like to update her response. "I think I said, 'Of course, I've heard that too and I'm not.' And you know what, I've been saying 'I don't think I am,' but I'm going to be really honest right now. I'm not," Heigl tells Meredith Vieira. "I know I'm not. I don't have to think about it. I'm not a rude person. I'm not an unkind or mean person...

"We should all have the basic human right to say, 'Hey, no, I'm sorry, I'm not comfortable with that. I don't like that. This is not OK for me,' without it making me ... I can't say the word. A B-word." OK, that last part was kind of adorable.

The Word

Gwyneth gives Martha a taste of her own recipe as war heats up

NED EHRBAR
Metro in Hollywood

In possibly the most stuffy, Hamptons-bred move yet, Gwyneth Paltrow and Martha Stewart have apparently decided they're going to play out their ongoing feud with the WASP-iest weapon of all: clever recipes.

Last month, Stewart presented a selection of holiday pies in her magazine with the headline "Conscious Coupling," an obvious dig at Paltrow's awkward divorce announcement.

So Paltrow's camp has now fired back by posting a recipe on Goop for "Jailbird Cake," apparently a dig at Stewart's time behind bars.

"The folks at Goop know how to have some fun, too," a source tells People magazine. "If Martha served up the appetizer, the Jailbird Cake is just desserts."

But hey, at least if they keep fighting, we'll keep getting delicious dessert recipes.

Bette Midler

Midler says 'specialness has rubbed away' from the gay community

Gay community: Bette Midler loves you, but you're bringing her down. You're just not interesting enough anymore.

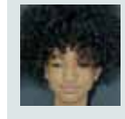
"The extreme characters you used to see in the Village in the old days, you just don't see them anymore," Midler tells the Advocate. "I really do miss them, because there was a feeling I used to get that people were expressing themselves in the most elaborate of ways. Now the (gay community) has kind of gone mainstream. It's sort of ordinary now, and a little bit of the specialness has rubbed away." Man, after Zachary Quinto's recent comments in Out, this is a great month for criticizing the gay community as a whole, isn't it?

Cohen urges Kevin Spacey to face up to sexual reality

Bravo honcho and Watch What Happens Live host Andy Cohen probably shouldn't expect Kevin Spacey on his show anytime soon. Cohen implores Spacey to come out of the closet in his new memoir, The Andy Cohen Diaries. He recounts running into Spacey — who has dodged questions about his sexuality for years — at the U.S. Open in 2013. "Kevin Spacey was in front of us with what looked like a face full of makeup and three male companions who were definitely not raising any questions," Cohen writes. "I still get enraged when I think about him talking about being in love with that woman on 60 Minutes. Come out, sir."

Kevin Spacey

Twitter



@OfficialWillow
Love is the only thing we can perceive that transcends all dimensions.

@JohnStamos
Pregunta? Are there so many successful dating websites because relationships often don't work out? Hmmm.

@JimCarrey
I wish you all freedom from self concern.

LIFE 3

Don't be a drifter when it comes to life — and your debt

Take charge. Sure, it takes a lot more work to pick up the paddles and refuse to go with the flow, but the payoffs are plenty

GAIL VAZ-OXLADE
Gail blogs daily at gailvazoxlade.com

It can be easy to not have a clear idea of who we are or what we want, but drum up the courage to decide what you really want in life. ISTOCK

Have you ever caught yourself thinking, "This just *cannot* go on!"? You know that wherever you are now is not where you want to be. You know it. Yet you do nothing to change.

People spend a lot of time thinking about how their lives could be different. They wish they could escape from whatever trap they feel caught in. Are you in debt? Are you working a crappy job? Is your home life just miserable? So, what are you going to do about it?

You could let your mind wander to a better place. You could wish. You could get angry ... at yourself, at your boss or co-workers, at you partner. Or maybe you just get sad.

If you've experienced this sense of not moving forward, this sense of drifting through your life, you're going to have to decide if this is what you want the rest of your life to be like — or *not*.

Young people often experience this sense of not heading where they want because they've done a lot of what they've done simply to meet the expectations of their parents, teachers, or other influencers.

There are the people who get married early because that's how it's done in their family or in their culture. There are the people who head into careers they have little interest in because someone else thought it was a good choice. And there are the people who buy a home, taking on debt they're not psychologically prepared to deal with, simply because "only losers rent."

While approval from the people you love and admire may be important to you, it's not enough to keep you happy. For that, you actually have to figure out what *you* want. You have to clearly see it. And then you have to do whatever it takes to make it so.

One of the biggest lessons I've learned on my life journey is that I can only be happy when I am being Gail. In my younger days, I worked hard to meet other people's expectations — and failed miserably — so I figured out that I'd rather be disliked for the person I am than for the person I'm pretending to be. I got real. And now if a body doesn't like me, oh well.

The tendency to be unclear about who we are and what we want goes for just about everything else in life. If you drifted into a marriage, drifted into a job or career, drifted into a new home, all because it was what came your way, it may be time to take your life back.

What are you passionate about? What do you love? What do you hate? What makes you happy? What makes you sad? Who inspires you, and why? What do you wish was different about your life?

Very often we send ourselves signals that can help us decide what it is we really want so we can get focused. It may be a book you read that strikes a cord or a conversation you have with a friend. Just as often, we push those signals aside without paying attention and we miss our cue.

Take heart. Another will come along. It may be a touch of envy that makes you sit up and pay attention to what you think is missing in your life.

It may be a daydream, an "I just wish I could" moment, that you can catch and study.

Or you may find yourself getting really P.O.'d because what you're doing is pointless and unsatisfying and you really hate Monday mornings.

Quoted

"Talk about your dreams with your friends and family. Set a goal. Set another goal. Make the life you want."
Gail Vaz-Oxlade

If whatever you're doing used to work for you, but you've changed and it no longer does, you need to rethink what's really important. And if you feel you have to stick with whatever it is because you've invested so much energy in a particular direction that changing course now would be "a waste," give your head a shake. Don't be so settled, so habituated to your life, that you end up caught in the honey of a life you really don't want.

It's time to be brave, to figure out what you really want and then drum up the courage to make it so. Try. And try again. Talk about your dreams with your friends and family. Set a goal. Set another goal. Make the life you want.

Drifting is always about going with the current and it takes less effort than heading in a defined direction.

Just look at all the people who wish they weren't in debt! Sure, if you're drifting you'll keep moving, but you'll also be dependent on the direction of the current, and susceptible to the tides and eddies of life. If you're ready to pick up the paddles, you can go anywhere you want.

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Are you experiencing deskpression? Maybe it's time to turn in your notice

Career. Signs that it's time to leave your nine-to-five for a freelance gig

MARIANNE HAYES
Metro in New York City

We've all experienced the workplace blues, but if negative emotions are getting the best of you each and every day, you might consider contemplating another career path. CONTRIBUTED

If going into the office every day leaves you less than thrilled, you're not alone. In fact, Gallup's 2013 State of the American Workplace study found that 70 per cent of those polled described themselves as disengaged at work.

It seems fitting that a record number of workers are taking the plunge from cubicle dweller to full-time consultant. The truth is that more and more working-aged people — particularly millennials — are trading corporate nine-to-five jobs for the freelance life. Just how many? According to the Freelancers Union, one in three Americans currently works as a freelancer.

Read on for the telltale signs that it might be time to say so long to your nine-to-five gig.

Going to work feels like a chore

If you hate your job, it might be the universe telling you that you're not cut out for your current position.

After spending years as a classroom teacher who freelanced on the side, I eventually got to the point where I felt more personally fulfilled and excited by my side gigs.

In other words, I was kind of starting to hate going to work. I took this as a sign that it was time to bow out of the school system and start doing what I loved. Many freelancers are nudged into self-employment in much the same way.

"I wasn't satisfied with my content job at an Internet company, and I felt like my work was holding me back from accomplishing my main personal goal — to become a professional, full-time writer," said Stefan A. Slater, a 26-year-old freelance writer who stepped out of corporate life in 2012.

Leaving the security of a full-time job can be scary, but you have to ask yourself: Am I doing the job I always dreamed of doing?

You daydream about making your own work schedule

On Friday morning, I'll get up at 6 a.m. and work on projects for a few hours before heading over to my daughter's preschool for a Thanksgiving feast. I didn't have to request time off to do this; I simply built my workflow around it. Having the freedom to create your own work schedule is perhaps the greatest advantage of freelancing.

"At my last job, I felt a lot of pressure to be in the office, even though I could do my work from the bottom of the sea if necessary," said Vanessa McGrady, who just left a full-time office job for the freelance life. She currently writes a personal finance column for Forbes.com.

McGrady says that she treasures her flexible time, which allows her to go to yoga in the middle of the day and spend more time visiting family and friends.

"It's scary, not having that magical paycheque, but I think that just makes me work harder," said McGrady.

Your job isn't safe

Those of us with serious job security may find the prospect of self-employment a bit scary. For Dan Spalding, a PR consultant who left his nine-to-five as a corporate communications director in 2009, rumours of impending layoffs were what pushed him to go his own way.

"I wasn't going to be affected, but I knew some of my friends were," said Spalding, founder of Spalding Communications. "I wasn't exactly ready to step out into my consulting business, but I knew it would not be fair for the company to lay people off and keep me on, only to tell them in a few months that I was leaving to build my consultancy."

By stepping out when he did, Spalding ended up saving another employee's job. The act of decency paid off — Spalding's former employer signed on as one of his first clients.

Are you looking for a challenge?

Some of us rest easy in the predictable demands of our nine-to-five jobs. For others, the monotony can be a killer. Going your own way as a freelancer comes with its own unique set of challenges sure to keep you on your toes.

- For starters, building a solid client list is a job in itself. If you're contemplating quitting your job to work for yourself, McGrady suggests lining up your prospects beforehand. For her, this took the form of scouring her LinkedIn network and reaching out to contacts she'd worked with in the past. (This simple act secured her two new clients that same day.)
- Clientele aside, freelancers have other responsibilities to manage. Saving for retirement, paying quarterly taxes, and keeping your projects straight are all part of your day-to-day. No matter what your business is, the consulting route can sometimes feel unpredictable. But knowing that this is your livelihood definitely revs up the motivation in a way that no other job does.

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I just called to say I love my co-worker

OFFICE SPACE
Eleni Deacon
life@metronews.ca

Your office has eyes. Don't be surprised if your announcement of at-work amour leads to a whole lot of, 'Yeah, we already knew.' ISTOCK

Dear Metro,

I've been dating one of my co-workers on the down-low for about three months, and we're getting sick of keeping things secret. Our relationship is stable and we both want to keep our behaviour super-professional at work. Is it a big deal if we let people know we're together?

— Wanna Scream My Love from the Mountaintops

Dear WSMLFM,

You may think you've been stealthy, but chances are your co-workers have already sniffed out your sitch. That kiss you stole in the photocopy room? Dave saw that. Your lingering eye contact across the meeting table? Everyone has noticed.

Still, before letting the doves out of their crates, check your company's policy on post-5 p.m. frenching. Some organizations require intra-office lovebirds to proffer written disclosure to HR — which you should obviously submit on perfumed paper with heart-dotted i's. Rulebooks aside, divulging your relationship to your colleagues should not be a big deal, but rather a chance to make it less so. This isn't your ticket to all-day PDA — it's an opportunity to normalize your situation.

So long as you keep things clean, you shouldn't have to keep it to yourselves.

Dear Metro,

I've been working at a new company for about three weeks, and I'm finding the atmosphere around the office really quiet. Our space is open-concept, but it's so silent that I sometimes feel nervous to talk. I don't want to be disruptive — or goof off all day — but some friendly chit-chat would be nice. How can I liven the vibe without putting people off?

—Will Not Be Silenced

Dear WNBS,

This seems like a grass-is-greener conundrum. Those who work in a cacophonous hive of can't-shut-up colleagues would kill for an hour of pin-drop calm. But when typing fingers are the only sound in your office, it can get lonely.

Noise isn't just a distraction — it can also amp up your output. Conversational environments have more energy, which could boost the volume of work you deliver. When introducing some productive disruption, keep your comments on-task. Asking for help or sharing ideas will spark dialogue without annoying everyone with the mundane and unsolicited minutia of your personal life. You should also target the talkers, aiming your thoughts at fellow gabbers rather than broadcasting to the whole room. Offices aren't libraries, and some intermittent discussion should not get you shushed. Just be respectful: There's a difference between friendly chatter and incessant blather.

ELENI DEACON IS A TORONTO-BASED WRITER WHO HAS SEEN IT ALL AS AN EAGER EMPLOYEE OF BIG OFFICES, SMALL OFFICES, HOME OFFICES AND ONE ITALIAN RESTAURANT.

Strengthen your smarts by working with words

Education. Learning a new language can jog the noggin at any age, researchers say

Which dictionary would you choose to dive into? ISTOCK

If the brain is a muscle, learning a new language is its barbell, according to a new study from Pennsylvania State University.

"Learning and practising something, for instance a second language, strengthens the brain," says Ping Li, professor of psychology, linguistics and information sciences and technology. "Like physical exercise, the more you use specific areas of your brain, the more it grows and gets stronger."

Dr. Li and his colleagues worked with a group of 39 native English speakers over the course of six weeks during which half the participants learned Chinese vocabulary words.

In the interest of tracking neural changes, the research team performed two fMRI scans on each participant — one before the Chinese classes began, and one after it ended.

Before the classes started, the most successful learners among the group had exhibited a more connected brain network than those who were slower to catch on.

According to the researchers, integrated networks make the brain more adept at language learning.

After Chinese classes ended, the successful learners had undergone functional changes that made their brain networks even better integrated.

Dr. Li and his colleagues say that these anatomical changes can occur in the brain at any age as a result of learning a second language.

"A very interesting finding is that, contrary to previous studies, the brain is much more plastic than we thought," says Li. "We can still see anatomical changes in the brain (in the elderly), which is very encouraging news for aging. And learning a new language can help lead to more graceful aging."

AFP

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You say potato, I say Sloppy Joe

Guaranteed family hit.
Here's a spuddy twist on the quick and easy dinner classic

ROSE REISMAN
For more, visit rosereisman.com or follow her on twitter @rosereisman

This recipe serves six. ROSE REISMAN

Sloppy Joes have been around since the 1950s. Legend has it that a cook named Joe at a café in Sioux City, Iowa, added tomato sauce to his loose meat sandwiches and the "sloppy joe" was born!

Traditionally, the dish is prepared with ground beef, onions and tomato sauce and is served on a hamburger bun.

I stepped it up a notch by serving it over a baked potato and adding an array of garnishes to it.

I add a spicy diced sausage to enhance the flavour of the meat. If you have the time, you can always bake the potatoes at 450 F for about 45 minutes or just until tender for a crispier skin.

Guaranteed to be a No. 1 favourite with kids and families!

Directions

1. In a medium saucepan, lightly coated with cooking spray, add the onion, garlic and oil. Sauté for 5 minutes or until the onion begins to brown. Add the beef and sausage and cook for 5 minutes or until no longer pink, breaking apart the meat with a wooden spoon.

2. Add the tomato sauce, dried basil and chili powder. Cover and simmer for 15 minutes, stirring occasionally. Garnish with Parmesan cheese and fresh basil.

3. Meanwhile, clean the baking potatoes, leaving the skin on. Pierce the potatoes with a fork throughout. Microwave on High for 8-12 minutes, or until tender. Cut in half lengthwise and divide sloppy Joe mixture over top. Add garnishes of your choice.

Ingredients

- 6 medium baking potatoes
- 1 cup finely diced onion
- 1 1/2 tsp finely chopped garlic
- 1 tsp vegetable oil
- 12 oz extra-lean ground beef
- 4 oz spicy beef sausage, casings removed, diced
- 2 cups tomato pasta sauce
- 1 1/2 tsp dried basil
- 1 tsp chili powder
- 2 tbsp grated Parmesan cheese
- 2 tbsp chopped fresh basil

Garnish

- Choice of grated cheddar, light sour cream, chopped tomatoes and cilantro or basil

Nutritional information

Per serving

- **Calories.** 435
- **Carbohydrates.** 56.6 g
- **Fibre.** 6.8 g
- **Protein.** 29.3 g
- **Total fat.** 14.2 g
- **Saturated fat.** 4.7 g
- **Cholesterol.** 69 mg
- **Sodium.** 273 mg

When you need a showstopper of a dessert...

Ingredients

Shot Glass Cookies

- 2/3 cup granulated sugar
- 1 large egg
- 5 tbsp vegetable oil
- 1 ½ tsp vanilla extract
- ½ tsp baking powder
- Pinch of salt
- 1 1/3 cup all-purpose flour
- 1/3 cup semi sweet miniature chocolate chips
- 1/3 cup semi sweet miniature chocolate chips

Chocolate mousse

- ½ cup semi-sweet chocolate chips or white chocolate chips
- 1 tbsp margarine or butter
- 3 egg whites
- 1/8th tsp cream of tartar
- ¼ cup granulated sugar
- 1 egg yolk

Garnish

- Melted chocolate or berries

You have to try my 'shot glass' chocolate chip cookie filled with white or dark chocolate mousse. The mousse is actually lighter and lower fat than regular mousse as it doesn't contain any heavy cream.

You can use half white and half dark chocolate and divide the remaining ingredients between both chocolates to create a two mousse shot glass!

1. Preheat oven to 350 F. Spray a 24 mini muffin cup tray with vegetable oil.

2. Combine sugar, egg, oil and vanilla until smooth. Add baking powder, salt, flour and chocolate chips and combine until well mixed.

3. With fingers, place about one tablespoon of dough into each mini muffin mould and press down until sides are covered, forming a cup. Bake for 20 minutes or just until browned.

4. Mousse: While cookies are baking, melt chocolate and margarine for 30 seconds in microwave on High just until chocolate is beginning to melt. Whisk until smooth.

5. In clean glass bowl, beat egg whites with cream of tartar until foamy. Gradually add sugar and beat until stiff peaks form.

6. Add egg yolk to chocolate and whisk until smooth. Add egg whites and combine gently until well incorporated. Fill cookie cups with mousse and garnish with melted chocolate or berries.

ROSE REISMAN

This recipe serves 24. ROSE REISMAN

West Division final

Stamps punch ticket to Grey Cup

Calgary can cap a stellar season with a Grey Cup after beating the Edmonton Eskimos 43-18 in Sunday's West Division final.

The Stampeders take on the Hamilton Tiger-Cats in the CFL's championship game Sunday in Vancouver.

Calgary quarterback Bo Levi Mitchell threw a pair of touchdown strikes to Eric Rogers, completed scoring passes to Marquay McDaniel and Jon Cornish and ran the ball in for a major of his own.

Cornish scored his second major of the game on a two-yard run late in the fourth quarter. The CFL's leading rusher totalled 54 yards on 14 carries, but made his biggest impact on the game as a receiver. Cornish totalled 120 yards on four catches and one them for a touchdown.

Mitchell, a 24-year-old Texan, won his first career playoff start throwing for 336 yards and four touchdowns without an interception. THE CANADIAN PRESS

The Stampeders' Jon Cornish scored a pair of touchdowns on Sunday. THE CANADIAN PRESS

Ticats laugh all the way to the Banks

East Division final. Punt returner scores pair of TDs as Hamilton beats Montreal to get into Grey Cup game

The Tiger-Cats' Brandon Banks slips a tackle en route to scoring one of his two punt-return touchdowns against the Alouettes during the East Division final on Sunday in Hamilton. GARY YOKOYAMA/TORSTAR NEWS SERVICE

Brandon Banks and the Hamilton Tiger-Cats made the Montreal Alouettes eat their words Sunday.

Banks had a playoff-tying two punt return TDs to lead Hamilton back to the Grey Cup with a 40-24 East Division final win over the Montreal Alouettes. Banks had five punt returns for a playoff-record 226 yards and had another 78-yard TD return negated by a penalty.

The victory was especially gratifying for Banks and the Ticats, who remained silent last week after Montreal players Duron Carter, Bear Woods and S.J. Green all boldly predicted their team would win. The assurances came despite the Alouettes losing 29-15 here Nov. 8 that earned Hamilton first in the East and home field for the division final.

Banks was a multi-threat, adding three carries for 35 yards and four catches for 33 yards. He finished with 294 total yards and played a major role in making Montreal choke on its words.

"Of course, we won," Banks said. "They guaranteed a win, didn't they so (they) can eat those words.

"It is what it is."

Defensive back Brandon Stewart, who was also centred out by Green last week, relished having the last laugh but said Green was gracious in defeat.

East Division final

40	24
Tiger-Cats	Alouettes

"He came up to me after the game and said, 'Good game; go win it in B.C.," Stewart said. "There's always respect, I mean he's a great receiver ... but we're going to B.C. and they're not.

"That's all that matters."

Banks' 88-yard return at 10:55 of the fourth quarter was nothing short of amazing. The five-foot-seven, 153-pound speedster — whose nickname is Speedy — was completely surrounded by Montreal defenders after corralling Sean Whyte's boot but somehow found a seam, then sprinted along the sidelines to put Hamilton ahead 37-24.

"He did a better job than our cover team," Montreal head coach Tom Higgins said. "I think we might have missed 13 tackles on one play, probably a guy had two shots at him."

Hamilton's Kent Austin is off to his third straight Grey Cup game as a CFL head coach. He won the 2007 contest in his rookie season on the sidelines with Saskatchewan. He left for the NCAA ranks after that season before returning north to Hamilton last year.

THE CANADIAN PRESS

metro AR

Green Bay Packers running back Eddie Lacy dodges Minnesota Viking Harrison Smith's tackle on Sunday in Minneapolis. Scan the image with your Metro News app for a roundup of more NFL action. HANNAH FOSLIEN/GETTY IMAGES

NFL. Lacy powers Pack attack

The ground game with Eddie Lacy was working so well for Green Bay that even Aaron Rodgers wanted a running play to try to put Minnesota away.

"I just kind of chuckled, because it's usually the other way around," Packers coach Mike McCarthy said.

Lacy and the offensive line delivered a four-yard run on third-and-2 to take the clock to the two-minute warning, and one more first down sealed a 24-21 victory for the Packers over the Vikings on Sunday.

Rodgers gave Green Bay his usual confident, accurate, productive game, but the biggest lift came from Lacy in the form of 125 yards on 25 powerful carries.

Tough

"He doesn't go down, man. It's pretty fun to watch."

Left guard Josh Sitton on Eddie Lacy

"He's agile for a guy his size. He's got a great spin move. He takes care of the football. He does all the things you want," said Rodgers, who threw two touchdown passes and again avoided a turnover while the Packers (8-3) moved into sole possession of first place in the NFC North.

Lacy scored twice, on a run in the first quarter and a catch in the fourth quarter. The Vikings (4-7) cut the lead to three with 3:23 remaining on Teddy Bridgewater's second touchdown pass of the day, but the Packers sent in their "Jumbo" set with a sixth offensive lineman to squelch a comeback.

Vikings coach Mike Zimmer said he should've called for an onside kick from the 50-yard line, after a roughing-the-passer penalty on the Packers during the previous play.

THE ASSOCIATED PRESS

4 SPORTS

Tennis

Federer beats Gasquet in Davis Cup final

Roger Federer defeated Richard Gasquet 6-4, 6-2, 6-2 in the first reverse singles match Sunday as Switzerland won the Davis Cup final against France by taking an unassailable 3-1 lead. THE ASSOCIATED PRESS

NHL

Reaves scores winner for Blues in Winnipeg

Ryan Reaves scored the game-winner in his hometown 2:25 into the third period as the visiting St. Louis Blues defeated the Winnipeg Jets 4-2 on Sunday afternoon.
THE CANADIAN PRESS

St. Louis Blues' Jaden Schwartz celebrates after scoring against Jets goalie Ondrej Pavelec. JOHN WOODS/THE CANADIAN PRESS

Seven-time F1 champ

Schumacher still 'making progress'

Former Formula One world champion Michael Schumacher continues to make progress as he recovers at home from last December's skiing accident, says his agent Sabine Kehm, in a TV interview.
THE ASSOCIATED PRESS

MLS West final

Sarvas gives LA first-leg victory over Seattle

Marcelo Sarvas scored in the 52nd minute, and the LA Galaxy opened the Western Conference championship with a 1-0 victory over the Seattle Sounders on Sunday.
THE ASSOCIATED PRESS

Liverpool's slide lingering on

Now at 12th. Closer to relegation, last season's runners-up lose fourth in a row

Liverpool's rapid downfall continued with a fourth successive loss on Sunday, with Crystal Palace adding to Brendan Rodgers' woes with a 3-1 victory.

The pressure, though, eased on Mauricio Pochettino after his Tottenham team came from behind to beat Hull 2-1 in the Premier League.

As Liverpool manager, Rodgers had pledged not to make the same mistakes as Tottenham when it attempted to rebuild after losing Gareth Bale in 2013. But, without Luis Suarez this season, the new-look Liverpool has failed to recapture the form that saw the team finish second in May.

Liverpool is now 12th after 12 matches — closer to the relegation zone than the top four.

Although Rickie Lambert finally scored his first goal for Liverpool, Dwight Gayle levelled from close range before Joe Ledley netted and Mile Jedinak scored directly from a free kick to secure Palace's first win since September.

"You've seen a team low on confidence today," Rodgers said at Selhurst Park. "Not quite together as a team. We need to find a solution very quickly because it was very disappointing.

"I put the team out there, the best team to win us the game. We made a good start. You could see our passing was a wee bit tentative and then we make mistakes. Mistakes you wouldn't expect to see at a team that's supposed to be challenging."

It seems unlikely Liverpool will be challenging for anything of note this season. The team's return to the Champions League after five years could end in the group stage unless its fortunes turn around on Wednesday against Ludogorets.

"Overall, that intensity and togetherness in our game isn't there," Rodgers said. "When you don't get the results, that affects you. That leads to (damaged) confidence. "

The loss leaves Liverpool 18 points behind leader Chelsea and just two in front of Palace, and Rodgers knows his own future could soon come under scrutiny.
THE ASSOCIATED PRESS

Raheem Sterling of Liverpool goes to ground from a challenge by Joel Ward of Crystal Palace at Selhurst Park on Sunday in London. MIKE HEWITT/GETTY IMAGES

Quoted

"We knew they were vulnerable on the break."

Manchester United's Wayne Rooney after giving Arsenal their first EPL home loss in 15 months on Saturday.

"Many, many times I am upset, but I think not today."

Chelsea head coach José Mourinho after the Blues kept their top spot with a 2-0 victory over West Bromwich Albion secured by goals from Diego Costa and Eden Hazard, on Saturday.

"It is important for him to score the way he did."

Manchester City head coach Manuel Pellegrini on Yaya Toure, who scored to break his slump in the champions' 2-1 win over Swansea, on Saturday.

Hamilton claims second F1 championship title

Lewis Hamilton celebrates his second F1 title in Abu Dhabi, United Arab Emirates, Sunday. KAMRAN JEBREILI/THE ASSOCIATED PRESS

British driver Lewis Hamilton clinched his second Formula One title in style after winning the season-ending Abu Dhabi Grand Prix on Sunday, with title rival Nico Rosberg drifting out of contention after failing to recover from a poor start.

Hamilton, the 2008 F1 champion, entered the race with a 17-point lead over his Mercedes rival Rosberg, needing only a top-two finish to guarantee the title.

"Wooooo-hooooo, world champion I can't believe it! Thank you so much guys," Hamilton screamed over race radio, before grabbing a Union Jack flag and waving it above his car as his mechanics celebrated wildly.

"It's hard to soak all of this up. So much pressure," the 29-year-old Hamilton said. "I didn't sleep last night. I went for a run and had a massage, I thought I would be tired, but somehow I felt composed for the race. This has been an incredible year. It feels very surreal, like an out-of-body experience, like it's not really happening."

He kept his helmet on for several minutes, appearing to wipe away tears, as the emotion of his hard-fought championship win started to sink in.

Standing watching in the Mercedes garage, Britain's Prince Harry told him he was a "legend" and Hamilton was visibly emotional as the national anthem blared out.

"I'm lost for words. One thing I want to say is a big huge 'Thank You' to all the fans, to my family. I love you guys," Hamilton said.
THE ASSOCIATED PRESS

Abu Dhabi Grand Prix

Rosberg started from pole position and, with double points on offer, could have taken his first F1 title with a win providing Hamilton finished third or lower. That dream scenario lasted three seconds — the time it took Hamilton to overtake Rosberg, whose race turned into a nightmare. He eventually finished 14th.

AUGMENTED REALITY

Stuck on 12 Across? Scan this image with your Metro News app for today's crossword and Sudoku answers. It's OK. No one's watching.

→ See the full instructions on Metro's Voices page.

Horoscopes by Sally Brompton

♈ Aries
March 21 - April 20
Don't be too proud to accept a gift from a friend. Not only do you need what they want to give you but accepting it will make them feel good about themselves as well.

♉ Taurus
April 21 - May 21
A plan to boost your earning power may be tempting but if it means doing something that leaves you feeling uncomfortable with yourself then maybe you should give it a miss.

♊ Gemini
May 22 - June 21
If others expect you to act in ways you do not enjoy then obviously something is wrong. You don't have to do what they want you to do.

♋ Cancer
June 22 - July 23
You have been pushing yourself hard of late and if you start this week the way you finished the last one it won't be long before you break down in some way.

♌ Leo
July 24 - Aug. 23
What you want to do and what you are expected to do may be different things but if you are smart you will find ways to mix duty and pleasure.

♍ Virgo
Aug. 24 - Sept. 23
Your thoughts may be far away but the demands of your current situation will soon bring you back to reality.

♎ Libra
Sept. 24 - Oct. 23
There may be certain patterns of behaviour that you would like to overcome but you have got to be sensible about it. You can't change overnight.

♏ Scorpio
Oct. 24 - Nov. 22
You need to be careful as the new week begins because if you allow yourself to be taken in by soft words or a pretty face you could find later on that you have been duped.

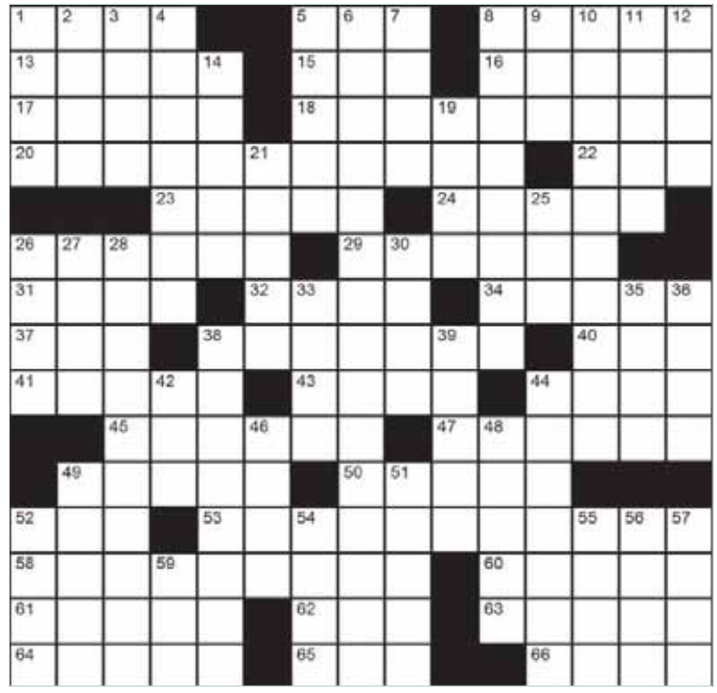
♐ Sagittarius
Nov. 23 - Dec. 21
No one doubts your hard work but even a Sag needs to slow down once in a while. Venus in your birth sign urges you match each hour of work with an hour of relaxation.

♑ Capricorn
Dec. 22 - Jan. 20
Don't worry too much about the purpose of what you are doing — if it makes you happy that is purpose enough.

♒ Aquarius
Jan. 21 - Feb. 19
There are plenty of reasons why it might be wise to keep your head down and stay quiet but opportunities to have your say come all too rarely and you are not going to let this one pass by.

♓ Pisces
Feb. 20 - March 20
It may be tempting to confront someone giving you a hard time but the planets warn you should leave it until later in the week.

Crossword: Canada Across and Down by Kelly Ann Buchanan



Across
1. Daredevil Mr. Wallenda's
5. Mudbath locale
8. Type of religious belief
13. Conform
15. Not him
16. Swedish actress Ms. Stevens
17. "I Believe ___ ___" by Kylie Minogue
18. Canuck family tree series, "__ in the Attic"
20. Visit to the hair salon reason: 2 wds.
22. Mints brand, __ tac
23. Deafening, WWI-era novel by Canadian author Frances __
24. Dance style
26. Non-__ organization
29. Ray of "GoodFellas" (1990)
31. Gem type
32. __ Village, in Hamilton
34. Celebrity roast host
37. UK award since 1917
38. Land bridge
40. ms. lang's
41. "Tearin' Up My Heart" quintet
43. Carpentry tool
44. Vocationally vacate
45. Wobble
47. __ up, as cars
49. Irritate
50. Verse, to Baudelaire
52. Previously, to Shakespeare
53. __ de Montreal (Montreal bug museum)
58. New Brunswick port on Chaleur Bay
60. Actress Lisa
61. Internet commerce, _-__
62. Pastureland
63. E.C. __ (Popeye creator)
64. 1989 for Taylor Swift = __ _ _
65. Vase
66. Prairie prov.

Down
1. Depilatory brand
2. "____ idea." (Really?)
3. Send to the boxing canvas
4. Internet music service
5. Mr. Cassidy (1970s heartthrob)
6. Classroom tool: 2 wds.
7. __ enemies
8. Disagreements
9. 'Persist' suffix
10. "Knocked me down and _ __ __ __..." - Red Rider, "Human Race"
11. Opera __ (Opera style that is serious)
12. __. _, "Happy Days" mom
14. "__ Frutti" by Little Richard
19. Overseas currency
21. Promises
25. Valerie Harper costar ...her monogram
26. Me, she or him [abbr.]
27. Wipes
28. One way to be a good Canadian: 3 wds.
30. Doctrines
33. Raison d'__
35. Actress Ms. McClurg
36. Approximated, for short
38. Canadian Rockies sight in Alberta, Columbia __
39. Disconcerted
42. PBS funding org.
44. Questions
46. Oversee
48. Mr. Epps'
49. Where Minos was king
51. Liner's lieu
52. Mr. Scrooge, to pals
54. "Star Trek" character
55. "Young Frankenstein" (1974) role
56. Irish actress Ms. O'Connor's
57. Gospel guy
59. Driver's proof, e.g.

Friday's Crossword

Online

See today's answers at metronews.ca/answers

Conceptis Sudoku by Dave Green

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

Friday's Sudoku

5	2	1	6	4	8	7	9	3
6	9	4	3	7	2	8	5	1
3	7	8	1	5	9	4	6	2
8	1	2	5	9	6	3	4	7
4	6	5	7	8	3	2	1	9
9	3	7	4	2	1	5	8	6
1	5	3	2	6	4	9	7	8
2	4	9	8	1	7	6	3	5
7	8	6	9	3	5	1	2	4

6		3				7		1
	9		8		7		6	
1				9				4
	4			8			1	
		1				3		
	5			6			2	
4				7				9
	6		9		1		3	
9		8				6		7

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